

METTA

慈光心缘



*Caring For
Our Communities*

关爱我们的社群

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慈光福利协会
METTA WELFARE ASSOCIATION

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Soaring Ahead with Times



The past years have seen Metta take bigger strides in its advancements towards better governance and management development. Into its 23rd year in serving the needs of the community, I am heartened to add that our presence has made a difference to society since our inception. Keeping up with our quest to get ahead with changing times, we have embarked on the Singapore Quality Class (SQC) journey to upgrade our organisation model for managing business excellence. Through its progress, this has helped us to identify and upgrade new existing processes towards a quality and holistic improvement to our centres and programs.

Among the varied betterments of our progress and keeping in line with our core values, we have adopted a new tagline for Metta: Caring for Our Communities. This is our dedicated commitment to provide welfare services to meet the needs of the community at our centres by working closely with our clients, donors, partners, suppliers and community organisations. This year, we look forward to further cultivate closer ties with our corporate donors and volunteers as an appreciation to their continuous efforts and contribution.

Looking back at 2014, I am heartened that twenty-two Metta staff volunteered in giving Metta School in Chiang Rai a brand new look. Metta School in Chiang Rai provides supplementary education to children from local ethnic groups in their rural country side. As part of our community involvement, the staff cleaned and painted the school building such that the students would have a more conducive environment for their studies.

In the practise of dana paramita, the spirit of generosity is an important foundation of practice. Being grateful for the generosity shown to one self is another fundamental belief of the practice. Similarly, I like to express my heartfelt gratification to the donors, sponsors, volunteers, and staff who have contributed to the development of the association in the last two decades. All that we have achieved would not have been possible if not for your continuous unwavering support. With this, I appeal to everyone to keep your faith and walk with us to weather challenging obstacles as we put our passion together to care for our communities.

With Triple Gems Blessings,
Venerable Shi Fa Zhao BBM

Metta Café Re-Opening 31 March 2014

Metta Café was refurbished last March to create employment opportunities for Metta School graduates aged 18 and above, with mild intellect disability and/or autism by providing them with F&B vocational training. Armed with the ITE Skill Certificate (ISC), these graduates start their apprenticeship at Metta Café prior to finding employment in the commercial sector.

Metta Café rotates its weekday daily lunch specials on a bi-weekly basis. Diners are spoilt for daily choice specials of the

popular Olive Fried Rice, to the western non-vegetarian Roast Chicken with Fries. The Cafe's specialty lies in their art of patisserie and churning out beautiful eggless cakes and confectioneries.

Metta Café is open daily from 7am to 5pm, except on public holidays.



Keppel Offshore & Marine- Metta Charity Golf Tournament 2014 4 July 2014

Photography and article contributed by: Migs C. Bravo-Dutt (Guest contributor)

Metta's 15th Annual Golf Tournament was held at the Raffles Country Club with title sponsor, Keppel Offshore & Marine. We were privileged to have Mr Choo Chiau Beng, Senior Advisor to Keppel join us as the

Guest-of-Honour of the golfing event. As with previous years, the tournament saw a good game with healthy competition and camaraderie amongst golfers.

The fun and engaging tournament and dinner generated about \$232,000 for Metta Charity. Clearly, it was another successful event and partnership for both Metta and Keppel teams as everyone was effectively a winner that night, having fun while helping with a great cause.



Playing a Green Part for the Environment August 2014

Metta Welfare Association is proud to be among the four chosen recipients out of 700 community gardens to attain the prestigious Environmental & Biodiversity Award in NParks' Community in Bloom Awards 2014.

Years of staff and clients' active participation in flourishing our community garden paid off when we were recognised by NParks to be one of the best environmental and bio diversified gardens in Singapore.

The Community in Bloom (CIB) programme started in May 2005 aims to kick-start a contribution to a green and unique landscape of Singapore by creating gardening communities with residential estates and institutions.

With this wonderful achievement as a strong motivation, Metta will no doubt continue to uphold its gardening efforts, high quality and standards to serve as a beacon and inspiration to other community gardeners in Singapore.



Baxter-Metta School Master Chef Competition 2014 8 November 2014

Baxter held its fifth CSR (Corporate Social Responsibility) activity with Metta last November. The Master Chef 2014 pits Baxter staff and Metta School students from the Food Preparation and Baking course against one another in a culinary test.

Prior to the competition, Baxter staff engaged in a friendly cooperation with Metta School students in unleashing their inner creativity by decorating cupcakes.

The judging panel for the competition came from chefs of various restaurants: Chef Fok of Zi Yean Restaurant, Chef Ah Chye and Chef Adrian from Huo Yow Cook's Association. The dishes prepared are judged based on their Taste, Creativity, Presentation, Team Building efforts and Hygiene.

To wrap up the event prior to lunch, Baxter presented Metta with a cheque of \$50,800 in support of Metta Café to fund its training program for its Alumni youths.

METTA CHARITY RUN 2014 6 September 2014; East Coast Park

In its fifth year running, the annual Metta Charity Run 2014 saw over 1,000 participants joining in the run to fulfil their passion of running and in support of charity.

We were honoured to have Dr Mohamad Maliki Bin Osman, Minister of State, Ministry of National Development & Ministry of Defence and Mayor, South East District grace our high-adrenaline event and flag off for all race categories: the 10km Run, 5km

Run and the 1.5km Parent and Child Fun Run.

Food and game stalls operated by corporate volunteers and staff from UPS and Lagardere were thronged by the crowd of participants as stage performances entertained the rest.

This was another successful well-executed running event with favourable weather conditions. If you missed our last marathon charity run, stay tune for the next one coming up on 5 September 2015.



METTA CHARITY BOWLING 2014 29 November 2014

Metta held its inaugural charity bowling competition at the Orchard Country Club. We are delighted to have Minister for Manpower, Mr Tan Chuan-Jin as our Guest of Honour, who gamely bowled with our top student

bowlers from Metta School and 19 other competing teams for the title of grand champion. Among the teams are beneficiaries from the Metta Day Activity Centre.

The inaugural charity bowling competition turned out a success and we look forward to hosting a consecutive tournament in the following year and thereafter.





Metta Charity Walk Cum Family Carnival

22 March 2015; Metta Building and Metta School

Singapore's SG50 marks Metta's 18th annual Charity Walk cum Family Carnival. With a new theme of Singapore Revisited this year, you can expect a fun-filled, family-bonding activity that commences with a healthy 3km morning walk and a happening carnival packed with food, fun games for parents and kids, and entertaining stage performances for the young and old.

There is so much to see and do as you discover the best of our homegrown brands. Don't miss the exciting healthy walkathon cum carnival with your family and friends. Check out the exciting food, entertainment and games from our carnival last year and you'll know that you will never be disappointed.

With so many activities to do and savor at the Carnival, there is no excuse not to drop by. Come join us for the exciting fun and games this 22 March 2015 at Metta Building.

For more information and updates, please log on to: <http://www.metta.org.sg/mettacarnival2015>

Carnival coupons are priced at \$50 (consisting of \$2 & \$1 denominations) per booklet; fully redeemable for food, drinks, merchandise, games and rides on event day.

Calendar of Events 2015



Metta Charity Golf
15 & 16 July



Lunar 7th Month Charity Auctions
12 Aug-12 Sep



Metta Charity Run
5 Sep



Metta Shine Night
6 Nov



Metta Charity Bowling
14 Nov



Discontinuation Of Metta Courses

In view of the expansion of our programmes for our clients, Metta has ceased all its enrichment curriculum with effect in March 2015.

Coming to Terms with Your Child's Autism

World Autism Awareness Day is celebrated on 2 April 2015. Every year, autism organizations around the world celebrate the day with unique fundraising and awareness-raising events. However, despite the acknowledgement of the condition in society, it is a stigma that is still not widely accepted by most parents.

If your child is diagnosed as having autism you will probably be overwhelmed with the decision. You will probably go into some form of denial. It can be very difficult to come to terms with the fact that there is something wrong. The first thing that you might want to do is to contend the findings. The earlier that you accept that the diagnosis is correct, the quicker you will be able to receive help and advice on what care is available for you and your child.

Of all the emotions that can strike you after receiving the diagnosis, the worst is anger. You may be angry with yourself, your doctor,

or even with parents who have seemingly healthy children. You have to realize that this is not anybody's fault. The best thing to do is to seek out other people who are in situations like yours and share experiences.

After anger there is grief. You may have had lots of hopes and dreams for your child, and now feel they have all changed. You may also have the fear that your child may experience difficulties from other children because they are different. You must not let grief takeover your parental role. Try to focus on the positive and not the negative of the situation, and adapt accordingly. If you are having problems it might be a good idea to seek out some form of therapy to help you pass the grieving process.

An autism diagnosis is not made by scientific means such as drug tests and genetic make up, but purely on the observation of certain aspects of behaviour. This is because there are no common

factors in a person's make up that causes autism. Sometimes a diagnosis can be made when the child is about one-year-old, though some do not show signs of the disorder until they are nearly 18 months.

It is natural to compare your child's behaviour to other children of the same age. This is because the speed of development of children varies according to certain circumstances. Just because they are not matching your friends' children with regard to speech ability or motor control, do not assume that there is a problem. If you do have concerns, it would be wise to contact your physician, who will observe your child's behaviour against a predetermined checklist.

Sometimes it is years before the child is diagnosed as being autistic, because they are on the higher level of the autism spectrum. It is also true that just because your child shows certain mannerisms, such as



temper tantrums and not wishing to communicate, they are not necessarily autistic. This is because they have a developmental disability or inadequate social skills.

It could take some time to come to terms with the fact that your child is autistic. Nevertheless, you are now a parent, and now must concentrate on helping your child in whatever way possible.

Join a group that relates to your problems, and if there is not one in your neighbourhood, why not form one. Support line that is going to be a tremendous help to the child, and you, in the future.

Original article extracted from: <http://social-psychiatry.com/coming-terms-result-childs-autism-diagnosis/>

Tai Chi – The New Rehabilitation Exercise



It used to be that Tai Chi is synonymous with an Asian senior citizens' sport. However, western doctors and occupational therapists are beginning to embrace this traditional Chinese art form as one of the best effective activity for cardiac and post-stroke rehabilitative therapy.

Tai Chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

Among the many benefits of Tai Chi ranges from normalising blood pressure, aids in strength, mobility and flexibility, prevents arthritis, helps regulate one's immune system, improves the body's circulation, posture and back aches

and promote better balance and coordination.

The movements of Tai Chi are effective in improving both intrinsic motor control and functional status. They increase aerobic capacity and sensorimotor function, and improve the timing of muscle activation and strength, cardio respiratory fitness, mobility, coordination, balance and most importantly one's circulation. They also calm the mind. Tai Chi has a favourable effect on the prevention of recurrent stroke and cardiovascular episodes.

This low-impact, slow motion exercise involves movements without pausing through a series of motions. But Tai Chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai Chi can be easily adapted for anyone, from the most fit folks to those confined to wheelchairs or folks recovering from surgery. And the best news of all? There is no need for gym memberships just to be healthy and get in shape with Tai Chi.



Metta Hospice's Make-A-Wish

The story of Madam Aminah: From Dream to Reality

Living life to the fullest is the ultimate goal for all of Metta Hospice palliative care team's dreams for their patients. Yet, fulfilling it is another matter. As of April 2014, Metta Hospice introduced the Make-A-Wish program for its patients to fulfil their final wishes to their heart's content. This program aims to bring across the message to our clients that regardless of where we come from, who we are or what we have become, no one should deserve anything less in our final moments.

"I wish to spend a day at the zoo with my family."

- Mdm Aminah, 77 years old, Metta Hospice patient

For 25 years, Mdm Aminah, has not stepped into the Singapore Zoo due to her busy lifestyle as a housewife and subsequent poor health in her later years that rendered her immobile in moving around freely.

Mdm Aminah is a patient with Metta Hospice since July 2011. She suffers from end stage renal failure and is wheelchair bound as a result of her condition. Due to this, Mdm Aminah has not been able to go outdoors to enjoy nature's beauty with her family.



However, on 17 December 2014, Metta palliative care team made that dream come true for Mdm Aminah. The palliative care team, together with Mdm Aminah's family and herself, took a day trip to the Singapore Zoo. The occasional bumpy terrain of the pavements did not deter Mdm Aminah from having her spirits dampened. Mdm Aminah's adrenaline surged sky high as she was instantly energised by the excitement of having her dream realised. Her favourite attractions of the excursion was the primate sanctuary, spectacular polar bear and elephant show that brought laughter and a big smile to Mdm Aminah. So happy was she that she had a hearty lunch despite her usual small appetite.

It was a fruitful day of fun and joy for Mdm Aminah and her family as they got to spend quality family bonding time together. It was a day which Mdm Aminah could cast aside her worries and illness to relive her dreams of re-visiting the zoo. Mdm Aminah and her family thanked the palliative care team for making it a special and memorable day for them to remember.

To the Metta Hospice palliative care team, it was another fulfilling and contented day that they were able to fulfil the wishes of those under their care.

"We make a living by what we get, we make a life by what we give."

- Winston Churchill

The Metta Hospice Make-A-Wish program is sponsored by The Singapore Ireland Fund.



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